



LET'S TALK ABOUT YOUR LEVEL OF AWARENESS.

We live in a fast paced world. We insist on fast cars, fast internet, fast weight loss, and fast food. Living in the “fast lane” has been portrayed in the movies as “glamorous.” For the majority of us, living fast has become a necessity. We want to get as much done during the day as possible.

We’ve all got tight schedules to keep. We are constantly juggling between home, work kids, school, activities sports... However, when it comes to keeping ourselves and our loved ones safe, doing things fast can lead to catastrophe. Because when we do things fast, we tend to ignore our surroundings and more importantly who is in our “peripheral.”

We all get preoccupied. We rarely notice things around us—things that we pass by every day. If we don't notice our surroundings, then we won't be able to tell if something is out of place.

The bad guys are counting on us being preoccupied with:

- Talking on the cell phone while standing, walking or making our way to our car.
- Listening to headphones while we are walking, running or riding a bike.
- Looking away from our drink while at a public event or bar.
- Being intoxicated...especially women. This applies to junior high and high school students as well. There have even been instances where grade school kids had something slipped into their sodas when they were not looking.
- Waiting for our kids after school. Looking down reading or texting, unaware of strangers who could be lurking, waiting to grab a child.
- Dropping our kids off at their friends. Being in such a rush we don't wait for the child to enter the house.
- Shoving our market bags back into the trunk, so intent on completing that task that we have our back turned.

We have become the walking unconscious.

We have become so uniform in our actions that we don't notice the obvious:

- suspicious people at the schoolyard
- An unmarked van parked nearby
- a stranger approaching
- someone coming up from behind or crossing the street towards us.
- a car is that is driving dangerously close
- people sitting in a car parked nearby clocking our movements or that of our children or
- driver in a parking lot waiting to follow us home.

We all have a false sense of security when we are in our own neighborhoods. When we visit friends, or go out to dinner at a nice restaurant. We feel secure. Do you ever valet your car? Do you have a GPS? Is the home setting on your GPS actually programmed to your home location? Did you leave your house keys on your key chain? Is your insurance card and registration in the glove box? A thief can gather information about you in a variety of ways, and make an impression of all your keys...one is surely a key to your front door... they can do this in just a matter of minutes.

Do you have stickers on the back of your car? You know the ones that show a mom, dad, teenager and small child? These spell **DISASTER**.

I'm not saying these things just to scare you.

My intention, the intention of the entire CRA education team is to keep you safe.

We live in a world that has become increasingly dangerous.

This doesn't mean that we need to stop living our lives; we just need to become more aware, so we can live our lives without jeopardizing our safety or the safety of our kids.

The Justice department estimates that every 30 minutes a child is kidnapped.

Don't let your children become another statistic. Become aware and educate your children. Empower them with the knowledge to be safe. Education is Power.

By being better aware, educated and prepared, you can significantly reduce your exposure and risk to becoming a victim.

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I would like to share an awareness color chart with you that you can implement in your daily life: at the mall, grocery store, walking, anything.

This color wheel was developed by a former marine who believed that the most important survival tool is the mind. To help prepare the mind for danger, he created the Color Code.

The Color Code is about more than just awareness. It is also about training your mind to be alert to dangers and to know ahead of time what to do if the code escalates and you need to take action. This is true for young children who need to be taught to not only yell, but "what" to yell, where to run but also for teens and adults on what they should yell and what they can do to stay safe or get away.

CONDITION WHITE

The **condition white** signifies someone who is totally unaware of their surroundings.

You are unaware and unprepared. Even when sleeping, your brain should be alert for uncommon noises. In Condition White, you are not paying attention to your surroundings.

White is the lowest level of awareness. This is the most common level when you are at home and relaxed. Even so, you should never be in Condition White. You need to be vigilant of your surroundings, your home and your neighbors.

If you are in Condition White out in public, you may be startled by someone as they pass you in the grocery store, or run pass you on the jogging path.

In Condition White:

- **YOU ARE A TARGET!**
- You feel **secure**, whether or not you are actually safe.
- Your Awareness is switched **off**.
- You are **unaware** of your environment, its inhabitants, and their rituals of attack.
- **ALL ATTACKERS LOOK FOR VICTIMS IN THIS STATE.**
EX: Woman or young teen walking or jogging with headphones on, talking on the phone, texting, oblivious to any approaching footsteps or noise. **WHITE** is a very dangerous category to be in.

CONDITION YELLOW

Condition Yellow is a definite step up in awareness.

If you are in this category you are relaxed but fully aware of your surroundings.

This is the place where you spend most of your day. There are no specific threats, but you know that one could pop up at any moment so you constantly scan your surroundings. I sat in on a seminar where Condition Yellow was likened to the Terminator movies; the Terminator would scan every person or target it came into contact with. If the target was deemed safe, it stayed at Condition Yellow and moved to the next target. If the target was deemed a possible threat, the Terminator continued to scan the same threat or moved to Condition Orange.

In Condition Yellow, physically, you become a harder target. Stand up straight. Walk slowly but deliberately, and don't act scared.

In Condition Yellow:

- You are **cautious**. You should spend most of the time in this state.
- Awareness is switched **on**.
- You have a **360-degree peripheral awareness**.
- You have heightened awareness, and scan all situations, people, parking lots, doorways, alleys, as well as the obvious dark places.
- You avoid dark streets or areas.
- You scope out the exits in all public buildings.
- You are aware of the people around you. You evaluate whether or not they are well-meaning or if you need to take precautions.
- When at all possible, walk with a friend or near other people. Don't hesitate to tell a stranger if you need to stay close because someone is following you or they are acting in a threatening manner.

Always be aware.

CONDITION ORANGE

Condition Orange signifies heightened awareness due to possible danger.

This potential threat can be almost anything: someone approaches you from behind, and startles you; a homeless person moves next to the dumpster you are using; someone brushes against you on a hiking path. These things startle you, but when they pass, you realize they were not a threat, at which time your internal alert can go back to yellow.

In condition orange, your mindset changes from relaxed and aware to “I have spotted a potential threat and I may have to defend myself.” You immediately look for avenues of escape.

This potential threat can be almost anything: someone approaches you from behind and startles you; a homeless person moves next to the dumpster you are using; someone brushes you on the hiking path. These things startle you, but when they pass, you realize they were not a threat. Your internal alert can go back to yellow. You remain aware, but are not in imminent danger.

On the other hand, once a potential threat has gotten your attention, you focus on a single target and continue to scan others to see if they mean to do you harm. This is where you draw a mental line in the sand; telling yourself “if they do ‘x’, I will do ‘y’”. If they prove not to be a threat, you move back down to Condition Yellow. If they do ‘x’, you move to Condition Red.

This is the most important part of conditioning: drawing that line in the sand and deciding how you will handle the threat. This is an important exercise to practice so that you are comfortable with your decisions. You **KNOW** how you will respond. Your adrenaline will be pumping, your heart racing—but your mind needs to stay focused...

In Condition Orange

- You are in **danger**. You are aware of a potential threat.
- You need to **Evaluate the Threat**.
- **Specific alert**. A possible target has been identified. A particular situation that has drawn your attention and could present a major problem. Someone may be giving oral indicators such as direct threats or using suspicious language. Focus on the potential attacker.
- Check to see if there is an avenue of escape, potential weapons available, and if others around you are friend or foe.

A decision is made to take action. Remember, if you can retreat, and it is safe to do so, retreat.

If not, make yourself seen and heard. Most perpetrators do not want attention drawn to them. Make yourself heard. Run. Fight, but never, never go with the perpetrator.

CONDITION RED

Condition Red means that you are in a lethal mode of mindset and will fight if the circumstances are warranted.

- You are in **conflict**.
- State of **threat avoidance**.
- **Fight or flight**. Flee, defend, or attack. You have evaluated the situation, and if there is a threat, you prepare to fight or run.
- Never stand or fight if there is a possibility of fleeing.
- **Carry out decision** to act made in Code Orange.
- **Not all threats are equal. Someone that you accidentally cut off on the freeway circles around you, trying to get you to pull over, is more serious than someone calling you an obscene name or someone who bumps into you. ALWAYS evaluate the threat, and the Threat level can change even as the threat is escalating. An example would be a large man trying to intimidate a teen in the parking lot into getting into a van. When the teen starts yelling, and trying to get away, the man does not want anyone to see what is happening so he might just let her go. But whatever you do, don't stop fighting, yelling, or trying to get away until you are at a safe distance and are in a place where you can get help.**

Proverbs 27:12:

“A prudent person foresees danger and takes precautions. The simpleton goes blindly on and suffers the consequences.”